

# Addictions and Mental Health

## Caring for Ourselves and Others



**The Catholic Health Association of BC  
79th Annual Conference**

**Thursday, September 19, 2019**

**Executive Plaza Hotel,  
405 North Road, Coquitlam**

# Addictions and Mental Health

**This year's conference will have a different format. The AGM, which is a business meeting, was held in June so that this year's conference will focus entirely on the presentations.**

Each year, we are seeing an increasing impact on residents, patients and caregivers as a result of mental health challenges and the growing use of opioids and narcotics. This year's conference will touch on the challenges that are being faced by caregivers in our long-term care homes, home-care services, hospitals and community agencies as they strive to provide compassionate and quality services to a community of individuals whose care needs are exacerbated by challenges of mental illness or narcotics or a combination of both. Many individuals who are caring for family members at home may be facing the same issues.

Our speakers this year will explore the challenges of working in an environment where mental health and addictions are an everyday occurrence that profoundly shapes the approach to caring for another person in a compassionate way that helps them to heal while protecting their own well-being.

Caring for those who are coping with mental health and/or addictions can also have significant emotional and psychological effects on the caregivers. We will explore the needs of caregivers and how they can be supported as well.

*“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness and a deep loving concern. Beautiful people do not just happen”— Elizabeth Kübler Ross*

# Agenda for the Day September 19, 2019

9:30 am Mass

10:15 am Coffee/Juice/Muffins

10:45 am Dr. Michael Hryniuk, Ph.D., RP

*“Beyond the Wounded Healer: Henri Nouwen, Mental Health,  
and the Journey towards Spiritual Recovery*

Questions?

12:00 Lunch

1:00 pm Dr. Marcus Greatheart, MD, MCFP, MSW, RSW

*“Impact of the Current Opioid Crisis on Elders in B.C.:  
Issues in Long Term Care”*

Questions?

2:00 pm Stretch Break

2:10 pm Scott Harrison, RN, BScN, MA, CCHNC

*“safeCARE: Creating an Integrated Care Model for Patient  
and Staff Safety in the Context of a Public Health  
Emergency”*

Questions?

3:15 Adjourn

## Our Presenters . . .

### Dr. Marcus Greatheart MD, MCFP, MSW, RSW

Dr. Marcus Greatheart brings a unique combination of skills knowledge and training to his work as a family physician in Vancouver, Canada. With over 25 years' experience as a community educator, and a Masters degree in Social Work, he is exceptionally situated to provide care for the most complex patients with medical, mental health and psychosocial issues using strengths-based and trauma-Informed practice. He specializes in addictions, eldercare, LGBT health, and provides hormone and surgical assessment for transgender patients. He is a Clinical Instructor in the Department of Family Medicine at the University of British Columbia. His teaching with medical students and Residents focuses on communication skills and wellness in primary care.



The current opioid epidemic in British Columbia has raised awareness with the public and provoked care providers to advance effective treatments of substance use disorders. This important development means that people with opioid use disorder (OUD) are living longer. However, providing treatments like methadone and buprenorphine/naloxone in a nursing home setting is not yet standard practice and the need for such treatment can be a barrier to placement in long term care facilities. In this presentation, Dr. Marcus Greatheart MD, MSW, discusses the unique challenges faced by LTC residents with OUD, and a pilot project that meets Providence Health Care's mission to serve older British Columbians and people with substance use disorders.

## Scott Harrison RN BScN MA CCHNC

Scott is the Director of Urban Health, Indigenous Health, Substance Use, Maternity and NICU for Providence Health Care in Vancouver, BC. Scott is Masters trained in both advanced nursing practice and Cultural Theory and is a Registered Nurse, with experience in both the UK and Canadian health care systems.



He has over 25 years of clinical nursing and leadership experience in HIV/AIDS care, Substance Use, Community Family Health services, child protection and Maternity care. His current role includes strategic management, planning and service delivery in acute, community and primary care settings. Scott is passionate about client and family centred care and has established leading peer initiatives in acute care and teaches provincially and nationally on cultural safety and trauma-informed care.

Since late 2016, the Province of BC has been in the grips of an overdose epidemic due to a toxic drug supply. St Paul's Hospital, Vancouver, is at 'ground zero' of the epidemic, attending to over 70% of all hospitalized overdoses in the city.

In response to the crisis, the Urban Health program, led by Scott Harrison, has created the safeCARE Program: a comprehensive education and support program for staff, to bolster resilience and build skills in working with complex substance use disorders. Built on the organizational values of social justice and compassion and Catholic social teachings on the dignity of human life, the program helps to provide life saving harm reduction and treatment to people who use substances, while supporting staff to deliver these services safely and build their resiliency.

The presentation will provide attendees with concrete examples of evidence-based interventions and how Catholic Health Care continues to be at the forefront of complex health care delivery.

## Michael Hryniuk, Ph.D., RP

Michael Hryniuk holds a Doctorate in Theology and Personality Theory from *Emory University* and received his clinical training in psycho-spiritual therapy from the *Toronto Centre for Pastoral Counselling Education*. He has over twenty years of experience in spiritual direction, counselling and therapy with individuals, couples and families. As a therapist in private practice and an Associate of the *Institute of Family Living*, he uses a variety of modalities of healing in a spiritually-integrated approach to counselling and therapy including emotionally-focussed, psycho-dynamic, existential, inter-subjective, transpersonal, and family systems perspectives. His theological training and extensive experience in meditation, spiritual direction and faith development support his clients in drawing on both emotional and spiritual resources in times of struggle, growth, and transition in their lives.



Practitioners in the field of mental health are generally familiar with the important role of spirituality in healing and recovery through Alcoholics Anonymous and other 12 step programs but mainstream clinicians and administrators are only recently attending to other spiritually-integrated perspective approaches to mental health issues. As a clinical psychologist, spiritual director, and Catholic priest, the renowned author Henri Nouwen can offer many unique and valuable perspectives on how to apply spirituality to common mental health concerns such as anxiety, depression, and addiction. In this session, we will re-visit Nouwen's vision of the "Wounded Healer" and extend his insights into the healing process based on his own later struggles with emotional anguish and his experience of a fully spiritual recovery. We will also focus on how these insights can be applied concretely in mainstream clinical practice today.

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Conference Registration**

The Executive Plaza Hotel and Conference Centre  
405 North Road, Coquitlam

**NO CHARGE for parking for the day. Park your care and register  
your license number at reception.**

**Registration for the day, including lunch: \$150**

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Email address: \_\_\_\_\_

Name of Organization: \_\_\_\_\_

Please include your cheque with your registration,  
payable to "CHABC" and mail to:

Catholic Health Association of BC  
9387 Holmes Street  
Burnaby, BC V3N 4C3

**Conference registration deadline: September 14th**

**Sorry - Because of deadlines for catering, late registrations  
can not be accepted and no registrations at the door.**



# EXECUTIVE PLAZA HOTEL

CONFERENCE CENTRE  
COQUITLAM VANCOUVER BC

## *Catholic Health Association*

Special Pricing for days September 17-21 , 2019

When reserving to get the preferred rate quote:

**Booking ID 26002**

**Reservations will be accepted at the rates below until August 19, 2019 based on availability. Only best available rates will be offered after this date.**

Individual reservations require credit card to guarantee and must be cancelled at least 24hrs prior to arrival to avoid cancelation penalty.

Deluxe Double .....	<b>\$200</b>
Deluxe King.....	<b>\$215</b>
Superior King.....	<b>\$225</b>
One Bedroom Suite.....	<b>\$245</b>

*Deluxe Double or King* - consists of Two Double Beds or One King Bed, mini-fridge, in-room safe

*Superior King* - consists of One King Bed, oversized jetted bathtub, private balcony, floor to ceiling windows for city and mountain views, mini-fridge and in-room safe.

*One Bedroom Queen Suite* - one bedroom suite consists of One Queen Bed in bedroom featuring flat-screen TV, with a sectional sofa bed in the living area featuring mini-fridge, microwave, sink counter with dinnerware and a second TV.

*Club King* - King Bed on high floor, oversized jetted bathtub, private balcony, floor to ceiling windows for city and mountain views, keurig coffee, mini bar, mini-fridge and in-room safe. Hot Buffet Breakfast for 2 people included.

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